

## COMMODITY DISTRIBUTION Fact Sheet

**Name:** Spinach

**Product Description:**

Good quality spinach should have clean, fresh crisp leaves with good green coloring. Spinach leaves will be pre-washed and ready-to-serve.

**Peak Growing Season:**

Grown all year in California, but season peaks June – August.

**Uses:**

Salads, sandwiches, and cooked.

**Preparation:**

Spinach leaves will be pre-washed and ready-to-serve, just portion and serve.

**Storage:**

Spinach should be stored at 32 degrees Fahrenheit, with a relative humidity of 90 to 95 percent. Keep spinach properly refrigerated and avoid delays in transporting spinach to refrigerator after receiving to avoid yellowing.

**Best if Used By:**

Spinach is highly perishable, but properly stored, unopened packages can last up to ten days, opened packages should be consumed within two days.

**Nutrition Facts:**

A 1/2-cup serving of spinach provides:

Calories	3	Iron	0.41 mg
Protein	0.43 g	Calcium	14.85 mg
Carbohydrate	0.52 g	Sodium	12 mg
Fat	0.0 g	Dietary Fiber	0.40 g
Saturated Fat	0.0 gm	Vitamin A	101 RE
Cholesterol	0.0 mg	Vitamin C	4.21 mg

**Source of Information:**

[www.produceoasis.com](http://www.produceoasis.com)

[www.readypacproduce.com](http://www.readypacproduce.com)

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